Recipe Box

5 A Day Recipes

Soups and Stews

Resolve-to-Double-the-Serving Stew

Serves 6

This recipe adds richness to your stew while "secretly" boosting the vegetables in it. By removing the first set of vegetables halfway through the cooking process, blending them, pouring them back as sauce, and adding new cut-up vegetables, you're doubling your vegetable servings and adding lots of flavor and texture to the final stew.

- 2 tablespoons all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1 pound lean beef stew meat, cut into 1 inch cubes
- 1 tablespoon vegetable oil
- 3 cups low fat, low sodium beef broth, plus more as needed
- 2 medium onions
- 2 stalks celery
- 2 medium potatoes
- 2 medium turnips
- 4 carrots
- 2 cloves garlic, chopped
- ½ teaspoon dried thyme
- ¼ cup fresh parsley, chopped

In a plastic bag, combine flour, salt and pepper. Add meat and shake to coat. Heat oil in large saucepan or Dutch oven. Add meat and brown. Prepare the vegetables by cutting one onion, two celery stalks, one potato, one turnip and two carrots into large chunks. Add the vegetables to the meat along with the garlic and thyme. Stir in broth and bring to boil. Reduce heat and cover. Simmer for about 40 minutes or until meat is tender. While meat is cooking, prepare remaining vegetables by cutting the onion, celery, potato, turnip and carrot into 1 inch cubes. Remove simmered vegetables (onion, celery, potatoes, turnips, carrots) and whiz in a blender until smooth. Return vegetable puree to pot. Thin with beef broth or water, if necessary. To pot add remaining un-cooked onions, celery, potato, turnips, and carrots. Bring to simmer and cover. Cook for an additional 30 minutes or until vegetables are tender. Add parsley just before serving.

Nutritional Analysis Per Serving:

208 calories
15 grams carbohydrate
20 grams protein
7 grams fat
2.2 grams saturated fat
45 milligrams cholesterol
572 milligrams sodium
2 grams fiber
31% calories from fat
10% calories from saturated fat
2.5 "5 A Day" servings per person